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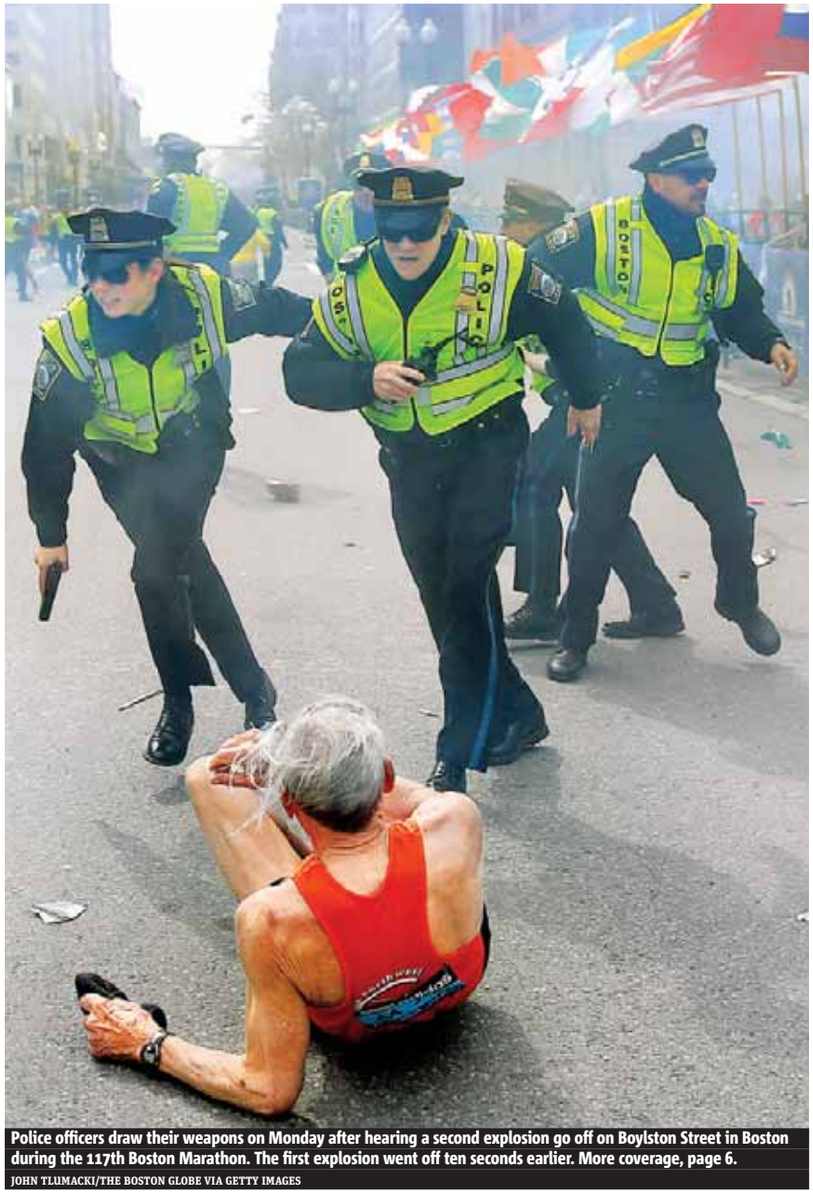

Police officers draw their weapons on Monday after hearing a second explosion go off on Boylston Street in Boston during the 117th Boston Marathon. The first explosion went off ten seconds earlier. More coverage, page 6.

JOHN TLUMACKI/THE BOSTON GLOBE VIA GETTY IMAGES

OTTAWA WHEELCHAIR RACER POSTS ACCOUNT OF TRAGEDY

Josh Cassidy reflects on a day 'that is usually filled with joy'

PAGE 3

Ottawa runners shaken by Boston Marathon explosions

Review. Ottawa Race Weekend organizers looking at security measures following Boston attack

SEAN MCKIBBON & JOE LOFARO
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There were at least 100 registered runners from Ottawa in the Boston Marathon, which was marred by tragedy Monday afternoon after two explosions near the finish line killed at least three people and injured more than 130 others.

John Tegano, a local roofing contractor and avid runner, completed his eighth Boston marathon 35 minutes before the blast. He and some other Ottawa runners had met a couple blocks away when it happened.

"We were relaxing in our hotel room when we heard two big explosions, one after another. We kind of figured it was a bomb or something that went off because it was really loud. We turned on the TV and there it was," he said, describing himself as fine but "a little shaken up."

He said all but one of the 20 runners he had gone to the race with were accounted for. He said his team's running coach was looking for the missing female runner, but he didn't want to say who the woman is, for fear of alarming anyone.

"We've been talking about the possibility of something happening like this for years, but nothing ever happened. We always had a great experience," he said. "It's the perfect place for a terrorist attack. Lot's of people congregating. So I'm surprised, but I'm kind of not surprised."

He said there's always lot's of security, from sniffer dogs to police positioned on roofs along the route.

Dan Hanratty, whose wife Shauna ran the race, said he found out about the attack from her in a text after she had finished the marathon.

"She said she's safe, she couldn't figure out at first where her mother is, but she found her and they're both fine," said Hanratty, He said both women were upset by the events and "in no shape to talk."

"It was her first time running the marathon. She ran it in four hours on her 40th birthday," he said.

Phil Marsh, the Eastern Ontario Regional Manager of the The Running Room, said he received text messages from two Ottawa runners at the marathon. He said they are OK and were not near the blast sites.

The horrifying events led authorities in Boston to urge people to stay home or in their hotels, away from events with large crowds. A hockey game between the Ottawa Senators and Boston Bruins was postponed, the NHL announced.

Ottawa Race Weekend race director John Halvorsen said the attack would prompt a review of the local May 25-26 running event.

"We have a standing process to work with the city and police services," he said.

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Brandon Gaul found

Police take custody of man wanted in fatal 2009 crash

Ottawa police say a man wanted on a Canada-wide warrant is in custody after he was arrested in Grand Prairie, Alta., on Saturday to face charges stemming from a fatal 2009 collision.

Brandon Gaul, who was 26 when his arrest warrant was issued, was involved in a collision in which four men between the ages of 21 and 23 were seriously injured and sent to hospital, according to police. One man later died.

Gaul was charged with one count of impaired driving causing death, two counts of impaired driving causing bodily harm and two counts of dangerous driving causing bodily harm.

He appeared in court Sunday and was held into custody. He is to appear in court again Wednesday.

JOE LOFARO/METRO

South end

Man holds up fast-food joint: Cops

A man who jumped a counter at a fast-food restaurant in south Ottawa Friday brandishing a knife and demanding cash has been arrested and charged, police said Monday.

At 1:20 p.m. Friday the man entered the restaurant in the 2900 block of Bank Street, made his demands and, when employees fled the building, left empty-handed. He made off on foot, but was arrested nearby, police said.

Justin Russell-Connelly, 26, has been charged with robbery, possession of a weapon dangerous to the public, mischief under $5,000, and breach of probation. He is set to appear in court Wednesday.

Anyone with information with respect to this robbery, or any other robbery, is asked to contact the Robbery Unit at 613-236-1222 ext. 5116 or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

GRAHAM LANKTREE/METRO

Defending champion Josh Cassidy, of Canada, adjusts his wheelchair prior to the wheelchair division start of the 117th running of the Boston Marathon, in Hopkinton, Mass., on Monday. STEW MILNE/THE ASSOCIATED PRESS

‘This is a day that is usually filled with joy’

Blog post. Ottawa wheelchair racer and Boston Marathon record holder gives a first-hand account

JOSH CASSIDY
ottawa@metronews.ca

Thank you to all my friends and family for the many messages of concern.

I was across Copley Square, (across from the finish) beside my hotel at a restaurant when I heard the explosions go off. No one was sure what it was at first, but I got a gut feeling it wasn’t good and I put down my fork ’cause I couldn’t eat. Sure enough, moments later you could hear the commotion outside, and out the window were people running from the finish line area, across the street.

I wasn’t afraid at all myself, more just really sad seeing others in fear. My first concern was all the people I know, particularly friends and organizers, or other top athletes that could still be in the area. Thank heavens it seems everyone I know is fine.

The marathon store I had just been to last night to pick up my racing top for today was in front of the explosion and had its windows blown in. Hoping the awesome and friendly staff are all okay.

Seeing the people running and hearing the screams on the replay was just horrible. Hard keeping back tears for those visibly really emotionally or physically damaged.

This is a day that is usually filled with joy, pride, celebration, and SO many other things. Unfortunately today ended with an energy and emotions that are everything BUT what the Boston Marathon represents.

I never saw the injured with my own eyes, only those emotionally damaged and crying. I saw a few pictures sent from others at the scene. Of course it looks like limbs were lost, and a few people are reported deceased at the moment.

My heart, my thoughts, my prayers all go out to those hurt, those frightened, and to all of those family and friends who still don’t know if their loved ones are OK.

With the type of people that run in this event, organize this event, support this event, sponsor this event, and cheer on the 26,000 who have come to run this legendary course, the Boston Marathon will recover and be more special than ever next year.

More online

Josh set the course record for the Boston Marathon with his time of 1:18.25 on April 16 2012. Today he finished eighth in 1:30.54.

- You can read josh’s race blog, posted just before the bombing, at joshcassidy.com/boston-marathon-2013

OC Transpo. Cost of bus cameras could come down: Union

A video-camera system on OC Transpo buses could cost the city less than the $10-million price tag quoted in an initial report, said the transit union Monday.

“You could probably do it for less too,” said Local 279 president Craig Watson, responding to an Ottawa Sun report about the internal transit documents uncovered through an access-to-information request. “The $10 million, to me, is a number where you get all the bells and whistles. With modern technology you can get the stripped-down version.”

Watson said the price seemed like a lot, but noted consulting firm Lansdowne Technologies is still doing the pricing for the project, which it is set to be officially tabled at the city’s transit commission meeting in May.

“We don’t actually run 1,000 buses anymore,” said Watson, noting that he’s still waiting to see the final report before jumping to any conclusions. “It varies based on how many cameras you plan to go with. The top of the line is where they can have a live video feed from every bus to a location in the city. But you’ve got to buy the bandwidth too.”

The report by the Sun says that the $10 million would support 7,000 cameras and 1,128 recording units, according to consultants Donna Cona. The earliest the city would begin considering the project would be in the 2014 budget, said Watson.

GRAHAM LANKTREE/METRO

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The former head lifeguard at the Ray Friel Recreation Complex, Frank Morin, said that management at the centre has gone on a campaign of bullying and intimidation over requests for overtime pay. GRAHAM LANKTREE/METRO

Ray Friel lifeguards complain of bullying

Allegations.
Guards say demand for pay for report-card marking met with reduced hours, intimidation

GRAHAM LANKTREE
graham.lanktree@metronews.ca

The city is investigating allegations that some Ray Friel Recreation Complex management are harassing lifeguards after the guards lodged complaints with their union early this year.

"While we are aware of the allegations and have been working with the union to resolve them," wrote Dan Chenier, general manager of parks, recreation and cultural services with the city, in an email statement on the grievances, "we are not prepared to comment further on this internal labour relations issue."

The lifeguards, however, are speaking out about their treatment.

"When you teach lessons in the water, you have to write report cards and hand them out to the kids," said Frank Morin, the former head lifeguard at the Ray Friel pool. "You're in the water your entire shift teaching the kids and are expected to finish the report cards on your own free time. Literally we said, 'No, we're not going to write the report cards outside of paid time' and that's when things blew up."

The guards wanted overtime pay for writing out the cards, which they say can take up to two hours, with 60 to 80 individualized report cards to write every two to three months. They tried to pencil in the overtime hours on their time sheets, but were told, Morin said, that they had to hunker down like teachers and finish it at home without pay.

In response, he and at least two other guards filed a series of grievances with the city's public-service union CUPE 503, which took up their case. Yet after Ray Friel's management found out, things took a turn for the worse, Morin alleged.

"The whole environment at Ray Friel just started degrading," said Morin. "No trust, no respect. It was a dirty he-said, she-said game. Going back to Ray Friel for me now is a toxic environment."

Some of the guards who filed grievances had their hours cut and were denied their proper rate of pay, he alleges.

'Sowing the seeds of friendship' with China

Practices are already underway for 70 musicians with the National Art Centre's orchestra in preparation for a seven-city tour of China this fall.

The journey is the first to the country for the orchestra in their 43-year history, said NAC conductor Pinchas Zukerman, who will lead the trip through Hong Kong, Beijing, Shanghai and other major cities from Oct. 4 to 20.

"We need to make sure that the younger generation, the next artists of the world have the best there is," said Zukerman, speaking with excitement of the 80 outreach activities his musicians will take part in with Chinese music students. This is part of a broader cultural exchange Prime Minister Stephen Harper brokered with the Chinese government on his trip to the country in February 2012.

"Cultural exchanges occupy an extremely important place in any bilateral relations," said Zhang Junsai, China's ambassador to Canada, adding that the trip would "help in sowing the seeds of friendship in the hearts of Chinese music students and fans."

GRAHAM LANKTREE/METRO

Chinese ambassador to Canada Zhang Junsai and the prime minister's wife, Laureen Harper, share a laugh as the NAC unveiled an orchestra tour to the economic powerhouse this fall. GRAHAM LANKTREE/METRO

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Emergency workers on site for the marathon tore down temporary fences, scrambling to get to the blast site. DAVID L. RYAN/THE BOSTON GLOBE/THE ASSOCIATED PRESS

Blood and glass cover the street

Boston Marathon bombing. White House treating carnage as an act of terror, says official

Two bombs exploded in the packed streets near the finish line of the Boston Marathon on Monday, killing at least three people and injuring more than 130 in a terrifying scene of shattered glass, blood-stained pavement and severed limbs at the world's most prestigious marathon, authorities said.

A senior U.S. intelligence official said two other bombs were found near the end of the 42-kilometre course in what appeared to be a well-coordinated attack.

There was no word Monday night on the motive or who may have carried out the attack, and police said they had no suspects in custody. Authorities said there was no immediate claim of responsibility.

"They just started bringing people in with no limbs," said runner Tim Davey, of Richmond, Va. He said he and his wife, Lisa, tried to keep their children's eyes shielded from the gruesome scene inside a medical tent, but "they saw a lot."

"They just kept filling up with more and more casualties," Lisa Davey said.

Of the dozens wounded, hospitals reported at least 15 were critically injured.

The fiery twin blasts took place almost simultaneously and about 100 metres apart. The spectators' cheers turned to screams. Huge shards of glass burst from windows, and blood pooled on the pavement.

A few kilometres away from the finish line and around the same time, a fire broke out at the John F. Kennedy presidential library. The police commissioner said it may have been caused by an incendiary device but didn't appear to be related to the bombings. THE ASSOCIATED PRESS

Trauma

"This is something I've never seen in my 25 years here.... This is what we expect from war."

Dr. Alasdair Conn, chief of emergency services at Massachusetts General Hospital

U.S. President Barack Obama speaks at the White House on Monday. CHARLES DHARAPAK/THE ASSOCIATED PRESS

Obama promises justice

U.S. President Barack Obama said the country does not know "who did this or why" but vowed that whoever is responsible "will feel the full weight of justice."

Speaking Monday evening from the White House, Obama added: "We will find out who did this and ... hold them accountable."

The Secret Service reacted cautiously, expanding the security perimeter around the White House. THE ASSOCIATED PRESS

The wounded

Hospitals in panic mode

Dr. Alasdair Conn said Massachusetts General Hospital was treating 22 patients Monday night. Six of them were in surgery just after 5 p.m. for critical injuries. At least four victims had "traumatic amputations."

Of the six critical victims, five were unidentified, he said.

The hospital enacted its emergency disaster plan, calling in all available staff and cancelling all elective surgeries.

Boston Medical Center had received 20 patients, including two children, most of whom received injuries to their lower legs.

Brigham and Women's Hospital reportedly had 26 patients, including a three-year-old who was transported to Children's Hospital.

JILL GADSBY/METRO WORLD NEWS IN BOSTON

Justin Trudeau makes his way to question period in Ottawa on Monday. New Conservative attack ads show the newly elected Liberal leader taking his clothes off at a charity event. ADRIAN WYLD/THE CANADIAN PRESS

Tory attack ads 'expose' Trudeau

'In over his head.'
Political experts claim Conservative campaign featuring revealing footage is misleading

Day 1 for new Liberal leader Justin Trudeau featured three questions to the Prime Minister, two controversial Conservative attack videos and a 25-minute encounter with a huge swarm of Parliament Hill reporters.

Though Prime Minister Stephen Harper and many of his cabinet ministers extended congratulations to the new Liberal leader, the Conservative party welcomed him with two mocking attacks on YouTube, accompanied by an anti-Trudeau website and a Facebook page, as well.

Trudeau shrugged off the attacks as predictable, but the Canadian Liver Foundation issued a condemnation, since the Conservatives used footage from a Trudeau appearance at one of the charity's events in 2011.

In that ad, aired Monday morning, the Conservatives took aim at Trudeau's experience, suggesting the 41-year-old was in "over his head." Trudeau is shown removing his shirt at the fundraiser in 2011, where he raised nearly $2,000 for the foundation.

Another video talks up Harper's economic record while poking fun at Trudeau's past jobs as a camp counsellor, rafting instructor and drama teacher, adding, "and now he thinks he can run Canada's economy."

"What I've heard from Canadians across this country," Trudeau told reporters at a post-question-period scrum, "about people being tired of negativity, of bullying, of cynicism, means that the Conservatives are going to discover that the one thing they know how to do really well is no longer working for them."

TORSTAR NEWS SERVICE

Smoke and mirrors?

Jonathan Rose, a political-science professor at Queen's University, flagged quotes about Quebec, which were taken from an interview Trudeau gave to CTV in 1999.

- "Quebecers are better than the rest of Canada, because, you know, we're Quebecers or whatever," a young Trudeau is shown as saying. The narrator describes the comment as a display of poor judgment.
- The full CTV segment, a link to which quickly circulated online Monday, suggests Trudeau was actually talking about his father.

THE CANADIAN PRESS

Ashley Smith

Choking herself made teen 'feel good,' inquest told

In her testimony at an inquest into Ashley Smith's prison death, psychologist Cindy Presse told jurors that Smith became highly addicted to choking herself.

"She was quick to say, 'It's not sexual, Cindy,'" Presse testified. "She said it just made her feel good."

Presse also told jurors that at a meeting in late February 2007, a visiting Coralee Smith, Ashley Smith's adoptive mother, made it clear she would not talk about her adoptive daughter's parentage.

She said that staff at the Regional Psychiatric Centre in Saskatoon believed it vital for Smith to have the family issue in the open, but Smith refused.

THE CANADIAN PRESS

Bullying suicide

N.S. to launch review of Rehtaeh Parsons case

The Nova Scotia government will launch an independent review of the RCMP's original investigation into the Rehtaeh Parsons case, Premier Darrell Dexter said Monday following a week of public pressure and international attention on the teen's death.

But Dexter said the review won't proceed until the Mounties conclude their current criminal investigation into the alleged sexual assault of the 17-year-old girl.

"While there is an ongoing investigation, one has to be cognizant of the fact that there are certain legal requirements that have to be observed," said Dexter.

"The important thing is that it will be comprehensive and it will be fully independent." THE CANADIAN PRESS

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U.S. justices wary of gene patenting

Medical research. Company argues DNA they isolated is 'markedly different' from that found in the body

The Supreme Court seemed worried Monday about the idea of companies patenting genes that can be found inside the human body, as it heard arguments in a case that could profoundly reshape U.S. medical research and the fight against diseases like breast and ovarian cancer.

The U.S. Patent and Trademark Office has been awarding patents on human genes for almost 30 years, but opponents of Myriad Genetics Inc.'s patents on two genes linked to increased risk of breast and ovarian cancer say patent protection should not be given to something that can be found inside the human body.

"Finding a new use for a product of nature, if you don't change the product of nature, is not patentable. If I find a new way of taking gold and making earrings out of it, that doesn't entitle me to a patent on gold. If I find a new way of using lead, it doesn't entitle me to a patent on lead," lawyer Christopher Hansen said.

Allowing companies like Myriad to patent human genes will slow down or cripple medical research like in the battle against breast cancer, he said.

But companies have billions of dollars and years of research on the line, with Myriad arguing that without the ability to recoup their investment through profits from patents, breakthrough scientific discoveries needed to combat all kind of medical maladies wouldn't happen.

That concerned several justices. "Why shouldn't we worry that Myriad or companies like it will just say, 'Well, you know, we're not going to do this work anymore?'" Justice Elena Kagan said. THE ASSOCIATED PRESS

Quoted

"I can't imagine getting a patent simply on the basic items of salt, flour and eggs, simply because I've created a new use or a new product from those ingredients."

Justice Sonia Sotomayor. There was an attempt in court to break the gene-patenting argument down to an everyday level by discussing chocolate-chip cookies, baseball bats and Amazonian jungle plants

Prized piece displayed for Titanic anniversary

Auctioneer Alan Aldridge holds the violin of Wallace Hartley, the instrument Hartley played as the band leader of the Titanic, on the 101st anniversary of the sinking of the ship on Monday in Devizes, England. The auction house, which specializes in Titanic memorabilia and is having an associated sale on Saturday, spent seven years proving the violin was genuine and belonged to Hartley, who with his orchestra, famously played on as the ship sank in 1912, and were among the 1,500 who died. Long thought to have been either lost at sea or stolen, it is being described, as far as Titanic memorabilia goes, as one the most important pieces that has ever come up for sale. It's thought to be worth a six-figure sum.

MATT CARDY/GETTY IMAGES

Samsung. Galaxy S4 could hit Canada by April's end

Samsung's next flagship phone, the Galaxy S4, will hit Canada as early as April 27.

Mobile providers are now taking pre-orders for the new five-inch smartphone, Samsung's rival to Apple's iPhone.

Those who pre-order a phone in advance, for about $200 on a three-year contract or $700 without a contract, should get it by the end of the month.

The phone is then expected to go on sale May 3.

Samsung is highlighting a slew of software features as the main differentiators for its latest Galaxy phone, including a bolstered photo app and gestures that allow the device to be controlled without touching the screen. THE CANADIAN PRESS

Down from 2012 but ...

Home sales up from last month

Canada's housing market continues to show signs of slowing from the torrid pace set in recent years, but also defying the worst fears of an imminent collapse.

The Canadian Real Estate Association reported that home sales in the 26 municipal markets it tracks rose a seasonally adjusted 2.4 per cent in March over the previous month, but were down 15.3 per cent from last year. Average home prices rose to $378,532. THE CANADIAN PRESS

Market Minute

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TSX 12,004.88 (-332.71)

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3RD WHEEL'S UNEXPECTED CHARMS

SHE SAYS

Jessica Napier
metronews.ca

Some might say that three's a crowd, but there are actually plenty of advantages when it comes to spending time with an established twosome, provided you follow a couple of important ground rules.

First of all, you can't be insecure. You'll want to let go of any feelings of awkwardness or jealousy that will prevent everyone from having a pleasant time. Secondly, you should never agree to a one-on-two date with a brand new couple — there may be nothing more insufferable than being trapped at a dinner table with a pair of smitten kittens who can't keep their paws to themselves.

But if you're selective about who you play "plus one" with and resist the urge to throw a pity party for yourself, you'll realize that tagging along as the proverbial third wheel can actually mean a whole variety of unexpected benefits.

You'll be the centre of attention

If you're convinced that a dating duo would only extend an invite to a solo friend out of pity, think again. Even the happiest couples get tired of each other — especially those who live under the same roof — and welcome the opportunity to hang out with someone new. So instead of thinking of yourself as an intrusive third wheel, realize that you're actually an exciting guest star. Spending the evening with a couple who are desperate for new material means you'll have an attentive audience to laugh at your jokes, give you advice on your own relationship problems, and listen vicariously as you relay stories of your crazy single life.

It's a cheap night out

In my experience, couples are usually so appreciative to have someone else join them for a night out that they'll offer to pay your way. Third-wheelers can enjoy complimentary cocktails, free meals, movie tickets and many other benefits of having a significant other for the night without having to deal with any of the annoying aspects of being in a relationship.

You don't have to bother looking good

Even though you're hanging out on date night, you're not actually the one on a date. Relieved of the pressure to impress, you can leave the Spanx at home and enjoy a nice night out with minimal effort.

You might learn something

Whether or not you're in a relationship of your own, there can be many educational moments that arise when you're spending time with another couple in an intimate setting. Think of it as relationship reconnaissance: Observing other people's dating habits from close up can help you glean some insights into what you do (or don't) want in your current or future partner. Alternatively, watching two friends bicker passive-aggressively over appetizers can give you a newfound appreciation for single life.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

In the ink of health

DAVE CHIDLEY/THE CANADIAN PRESS

Cancer tattoo strikes right note

Casandra Graham had a single mastectomy after being diagnosed and treated for breast cancer in 2009. And although she opted for reconstruction, she wasn't keen on having a surgically created nipple.

"I had looked on the Internet at probably thousands of photos of nipple reconstructions, and as good as the job may be, it'll never be exactly the same as your other one because it's just not natural anymore," Graham, 38, said from her home in London, Ont. "And I didn't like how it looked.

"So I said, 'You know what? I'm just not going to do it at all.' And since I happened to know a couple of tattoo artists — my husband owns a shop — I'll just get it tattooed."

Graham put together a design that combined several images she found online, including small hearts, a pink ribbon that symbolizes breast cancer, and some tiny stars.

But the central motif of her pink and black tattoo is a treble clef.

"I can't sing, I can't carry a tune in a bucket ... but I really like music and it was one of the strong things when I was alone that kind of kept my spirits up."

THE CANADIAN PRESS

'I am living'

"Survivor seems too cliché for me. So in pink writing around the side of the tattoo, I had them write 'I am living' because I feel like I'm not just getting by, surviving one day to the next. I'm actually living my life now." Casandra Graham

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

GREG WESTFALL/FLICKR

Canadians weary of muttering obscenities at a stubborn winter can rejoice now that patio weather is creeping into our afternoons. That also means it's time to brush up on whip-smart conversation, so grab the early advantage by subscribing to these brain-food podcasts on iTunes.

99% Invisible :

A recent lesson on the word jaywalking perfectly illustrates how well this show — which explores the quiet impact design has on daily life — tends to wrap things up in an easily repeated fun fact.

A History of the World in 100 Objects :

A great idea worthy of its many copycats, each edition of this 100-episode BBC special focuses on one of the countless innovations the modern world is built on, from hand tools to credit cards.

Quirks and Quarks :

It's past time science got around to explaining how national treasure Bob McDonald and his team manage to pack so much science news and information into a single hour.

Twitter

The public reacts to the Boston Marathon explosions.

@corduroygal: My thoughts and prayers are with the victims of the bombing in Boston. My run today is now dedicated to you #prayforboston #bostonmarathon

@DJRedEyezz: Tragic day in Boston, senseless act #PrayForBoston

@rajbmanian: #BostonMarathon victims you are not alone. #Toronto is with you

@robyntrew: So saddened to hear of yet another heartless and senseless act of violence. Thoughts are with you, #Boston. #prayforboston

@SomeGuyDylan: Once again the world is forced to deal with the actions of some small, ignorant, petty little minds. Stay safe #Boston

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WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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DVD reviews

Django Unchained

Director. Quentin Tarantino

Stars. Jamie Foxx, Christoph Waltz, Leonardo DiCaprio

Quentin Tarantino's pre-Civil War anti-slavery adventure is his valentine to the spaghetti western genre, specifically the blood-splattered grindhouse movies of his 1960s-to-1970s youth made by Sergio Leone and Sergio Corbucci. Tarantino also tips his Stetson to three bloody Sams — Fuller, Raimi and Peckinpah — who share his filmmaking sensibility that blood should come by the bucketful. And there are shout-outs to a Monty, as in Python, in such scenes of lunacy as when freed slave Django (Jamie Foxx) and his benefactor Dr. Schultz (Christoph Waltz) encounter KKK vigilantes who can't shoot or even see straight. Tarantino is clearly having a grand ol' time, and so are his actors, who include Leonardo DiCaprio as the childlike owner of a vast Mississippi plantation and Samuel L. Jackson as his devoted housekeeper. Each of these players shares the writer/director's filmic vision that both observes and condemns America's bloody history of racism.

Manborg

Director. Steven Kostanski

Stars. Matthew Kennedy, Adam Brooks, Meredith Sweeney

This energizing Canuck homage to 1980s sci-fi horror action movies is set in a post-apocalyptic Earth ruled by a demonic Count Draculon and his Nazi vampire stooges. It's the heart-ripping saga of a not-so-super soldier seeking vengeance. Cyborg machinery is grafted onto his reanimated corpse after he dies on the field of battle. Recalling every sci-fi action flick from RoboCop to Mad Max and all the way back to Flash Gordon, it's a marvel of DIY makeup, costuming and special effects.

PETER HOWELL

A group of collar-popping frat boys don hipster disguises in an attempt to pick up girls in Williamsburg. YOUTUBE SCREENSHOT

Bros take on Brooklyn

A guy's answer to Girls. Video editor takes personal experience with hipster girls and turns it into a YouTube short

CASSANDRA GARRISON
Metro World News in New York

What happens when former frat boys trade their popped collars for jean shorts and flannel? What could possibly go wrong when clean-cut bros hop on the L train and venture to Brooklyn in search of hipster girls? Hilarity ensues, as demonstrated in a newly-launched web series inspired by the HBO hit show Girls and created by a Williamsburg veteran.

Video editor Anthony DiMieri, 25, had written a sitcom about 20-something guys living in NYC back in 2010, but when Girls premiered, the idea for a parody colliding two stereotyped sub-cultures just clicked.

"When I saw Girls, I thought, 'Holy crap — this is really close to what I was doing,'" DiMieri told Metro. "It's taking some humour and boiling things down to more sketch comedy. Humour in a web series is different than humour on TV. You have to make people laugh right off the bat."

Thus, Bros was born.

He did a casting call in December, pulled a lot of favours for the low-budget production, and put it on YouTube earlier this week. Bros follows a main character who gets cut off by his parents (sound familiar?) after his post-college life is filled with picking up chicks and playing Call of Duty. His soul-searching is brought to a halt when one of his fellow bros reveals the secrets of picking up hipster girls.

Observing their friend's outfit — a sparkly T-shirt, a purple winter cap and cut-off shorts — the main character and his bros are at first bewildered that this look could ever attract women.

"You look like you skinned a mermaid," a bro exclaims. "And you took her skin, and fashioned it into a crude shirt."

"You haven't been over there. It's different," the bro-turned-hipster responds of Williamsburg.

"You don't even have lenses in your glasses," another bro rebuts, still in utter shock.

But it is the bro-turned-hipster who gets the last laugh when he returns to the apartment that night with a flannel-wearing hottie.

Art imitates life

"The stuff I was writing about, I sort of based on real-life experience. I definitely lived a similar lifestyle with the Pickleback shots and PBR."

Bros creator Anthony DiMieri

From there, DiMieri's cast embarks on a transformation as they strive to infiltrate Williamsburg and entice female hipsters with mentions of gin distilleries and "obscure" music. Sure, they run into bumps along the way, like being denied a Long Island Iced Tea from the bartender because it is a "stupid drink." Moments like that are reflections of DiMieri's real-life memories from his time in a Williamsburg apartment he shared with three girls.

"The stuff I was writing about, I sort of based on real-life experience," he said. "I definitely lived a similar lifestyle with the Pickleback shots and PBR. There is some truth to the stereotypes, but we really went over the top and made it cartoonish."

DiMieri has gotten a lot of feedback about Bros but, predictably, some criticism, too, about poking fun at Girls.

"My favourite YouTube comment so far is something like, 'You guys are a**holes for ruining such a good thing,'" he said.

"They think I am attacking the show, but I am not trying to do that."

And the people behind the show itself have already taken notice of Bros. The official Twitter account for Girls started following DiMieri.

"That was a big deal because it was like, 'OK, the people at HBO are watching this,'" DiMieri said.

"I think Lena Dunham and I could probably collaborate and write a really hilarious episode, maybe about bringing the girls to a frat party."

DiMieri, who rejects labels but admitted he is likely part-bro, part-hipster, would like to continue making episodes in the web series, but said it is all based on cost and whether he can find a way to fund the production. Most of the people involved in the first episode worked for free, including the cast members. He is considering launching a Kickstarter campaign.

The Flaming Lips go to the dark side

The Terror. The boys who brought you She Don't Use Jelly dig deep into the depths of the human condition to produce anxiety-laden tracks

PAT HEALY
Metro World News in Boston

When the Flaming Lips appeared in a commercial during the Super Bowl this year, it seemed that after 30 years as a band, they were ready to present themselves definitively to the masses; as fuzzy, fun-time freaks who roll around in hamster balls and blast technicolour confetti from their tour bus. The minute-and-a-half Hyundai ad crystallized the band's whimsical qualities, which were particularly potent in last year's hyper-collaborative and highly playful project, The Flaming Lips and Heady Fwends.

But the Lips have put aside their playdates with seemingly disparate "Fwends" like Ke$ha, Erykah Badu and Chris Martin and gone to a much darker place. Therein they found The Terror.

The Terror, which comes out Tuesday, finds Wayne Coyne and company capturing the sound of the desperate anxiety that you'd expect from an album with a title like that.

"A lot of times I think Flaming Lips music goes into the fantastical and I think that's great," says Coyne. "But I think this music specifically goes to how life is. Part of it is that there is something grinding away at you. ... I think virtually every song on here has this kind of underlying, grinding, non-musical — not even always rhythmically correct — bed to it."

Lyrically, the mood is persistently similar, with very little light coming into or escaping from the songs. On one track, when a high hopeful voice sings "You're not alone" it is echoed by a sobering mechanical response of "You are alone." This is a very different Wayne Coyne from the one who sang about a girl who uses Vaseline on her toast instead of jelly. It's a very different Wayne Coyne from the one who asked if you realized that happiness makes you cry. Coyne admits that when the band began to chase these dark impulses, part of The Terror was that they wouldn't be able to return.

"I always know that once we get interested in something, it's wonderful but it's also scary, because it's like 'We're really gonna do this' and you don't know in the beginning if it means that we destroy this other part of us."

A different Wayne

"I think virtually every song on here has this kind of underlying, grinding, non-musical — not even always rhythmically correct — bed to it."

The Flaming Lips frontman Wayne Coyne

There's no happy sounds from The Flaming Lips on The Terror. GEORGE SALISBURY

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What's more, 10 lucky people will receive a double-pass to enjoy a full day at the festival.

No purchase necessary. Contest open to residents of the Greater Ottawa area, excluding Quebec, who have reached the age of eighteen (18) years of age or older. Odds of winning depend on the number and calibre of eligible entries received. One (1) Grand Prize is available to be won, consisting of a pair of wrist bands for the 2 days, as well as two t-shirts and two beanies. (Approximate retail value of $273 CDN). Ten (10) Secondary Prizes are available to be won consisting of a double-pass to a full day at the festival (approximate retail value of $1780 CDN). Skill testing question required. Contest closes May 2nd, 2013 at 12:59PM EST. To enter and for complete contest rules visit www.clubmetro.com.

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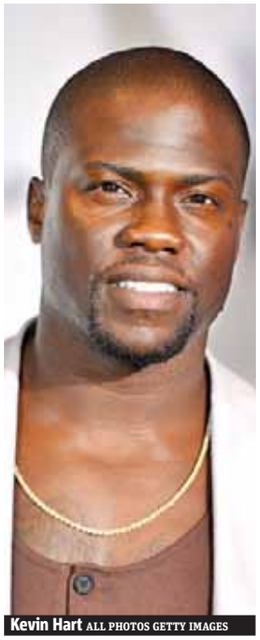
Comedian calls arrest 'a wake-up call'

Comedian Kevin Hart was arrested for driving under the influence early Sunday morning in Los Angeles, and he wasn't shy about sharing the details after posting bail. "I'm officially a thug. I spent six hours in jail last night," Hart announced on Twitter. "This cop was the worst. He knew who I was and wanted to make an example of me. ... When the cop asked me to take the sobriety test I said, 'Why waste our time? I'm drunk, man.'" Hart did also offer some more serious reflection on the night's events: "This is a wake-up call for me. I have to be smarter and last night I wasn't."



Kevin Hart ALL PHOTOS GETTY IMAGES

Lindsay Lohan

Rocking out before facing the music

Lindsay Lohan hit up the first weekend of the Coachella music festival, and despite some former pals being worried for her life if she attended, she seemed to come out of the fest just fine. A water bottle-clutching Lohan was spotted with her 16-year-old brother, Cody, in tow, and sources tell E! News that the troubled actress was aiming for "a healthy, fun time at Coachella" before heading to her court-ordered 90-day rehab stay next month. The music festival continues this weekend.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Ozzy and Sharon's relationship gone off rails?

THE WORD
Dorothy Robinson
scene@metronews.ca

Everyone's favourite heavy metal couple, Ozzy and Sharon Osbourne, are reportedly well on their way to splitting up, according to Radar Online. And sadly, the long-married pair is said to be living separately already. While Ozzy is said to be living in a rented Beverly Hills mansion, Sharon has been staying at the Beverly Hills Hotel since at least the beginning of this month, sources say. "They are living at different addresses and not spending any time together," a source recently told the Sun. Sharon is believed to be staying at the famous hotel while she decorates a new home — but not the one where Ozzy is staying. The usually outspoken and press-friendly pair has been remarkably quiet about the reports of marital trouble.

Ellen DeGeneres and Portia de Rossi

Ellen and Portia content without kiddos

Portia de Rossi tells Out magazine that she and wife Ellen DeGeneres have absolutely no plans to start a family, despite pressure from friends and loved ones. "You have to really want to have kids, and neither of us did. So it's just going to be me and Ellen and no babies," de Rossi tells the magazine. "There comes some pressure in your mid-30s, and you think, 'Am I going to have kids so I don't miss out on something that other people really seem to love? Or is it that I really genuinely want to do this with my whole heart?' I didn't feel that my response was 'yes' to the latter."

Twitter

@ElizabethBanks
Huh, Brad Pitt would make an amazing radio man. Ah, but a waste of that face.

@AlbertBrooks
Justin Bieber said he hoped Anne Frank would have been a fan. I really want to kill myself.

@mindykaling
If Kobe retires he should make movies with cartoon characters like Rocky & Bullwinkle

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The Iron Man 3 workout

Fitness. Robert Downey Jr.'s trainer, Brad Bose, tells us how to get superhero strong

ROMINA McGUINNESS
Metro World News

"Superheroes have good bodies, even if they have PhDs," says Brad Bose, who would know.

He's Robert Downey Jr.'s personal trainer, and got him fit for Iron Man 3.

"It was important that Robert was extremely fit and had a good muscular build. Only it had to look realistic. He's meant to be a billionaire playboy; you don't want him to get too big and end up looking like Captain America or The Hulk."

Fortunately, Downey Jr. was almost ready to go for his third stint as Mr. Stark.

"He'd recently finished filming The Avengers so he was in good shape. But holding on to that muscle mass and definition for long periods of time isn't easy," adds Bose.

"He had to get re-buff. We were doing two-hour sessions, three to four days a week. By the time we were done, he'd gained five pounds of muscle and trimmed off 10 pounds of fat."

His workout gloves are cooler than yours. MARVEL

FPT vs. Body Building

"Robert's cardio was never an issue," Bose tells Metro. "A lot of people don't want to talk about it but the truth is, he's 48. He's above the curve when it comes to being a fit individual but this is a young man's training he's doing."

In order to gain muscle bulk, Downey Jr. spent the first month doing traditional weight training.

Once he and Bose were satisfied with his mass, they moved on to Functional Performance Training, a technique that engages all muscle groups simultaneously.

"FPT isn't just for esthetics," says Bose.

"All the exercises are designed to get you muscular through strength. As opposed to body building, where you're working one muscle group in isolation, FPT gets as many muscles and as many planes of movement engaged at any one time," he explains about the training regiment .

The logic behind the moves is it offers a better approach.

"The body functions as a unit. Every time you're doing an upper body movement, your legs should never be completely dormant. The 'core' (from the lower part of your rib cage to the lower part of your hip girdle) should always be engaged. The aim of FPT is to do things more dynamically. So we'll push sleds, we use battling ropes, sledgehammers, tyres and so on."

Superhero diet

How Iron Man gets his iron, man

Hard to believe, given his love of shawarma, but Iron Man lives closer to a vegetarian lifestyle than full-on carnivore.

"We try to balance the protein and the carbohydrates and stick to fish, chicken, eggs and soy," explains Bose. "And when it's time to cut weight, we just minimize the portions. Robert tends to eat every three hours and have two protein shakes a day. The only reason he even drinks them is to make sure that during these intense workout periods, he's not losing any muscle mass. So as far as nutrition goes, we're more focused on a Paleo style diet, which is basically fish, organic meat, nuts, roots, fruit, eggs and vegetables."

And on his days off ... Tracy Anderson and Kung Fu

"Robert is constantly doing something," says Bose of his client.

"But in order to spend time with his wife, he does a lot of Tracy Anderson cardio classes. And he's a brown belt in Kung Fu, so on the opposite days that he's not working with me, he's sparring with his coach, Eric Orum."

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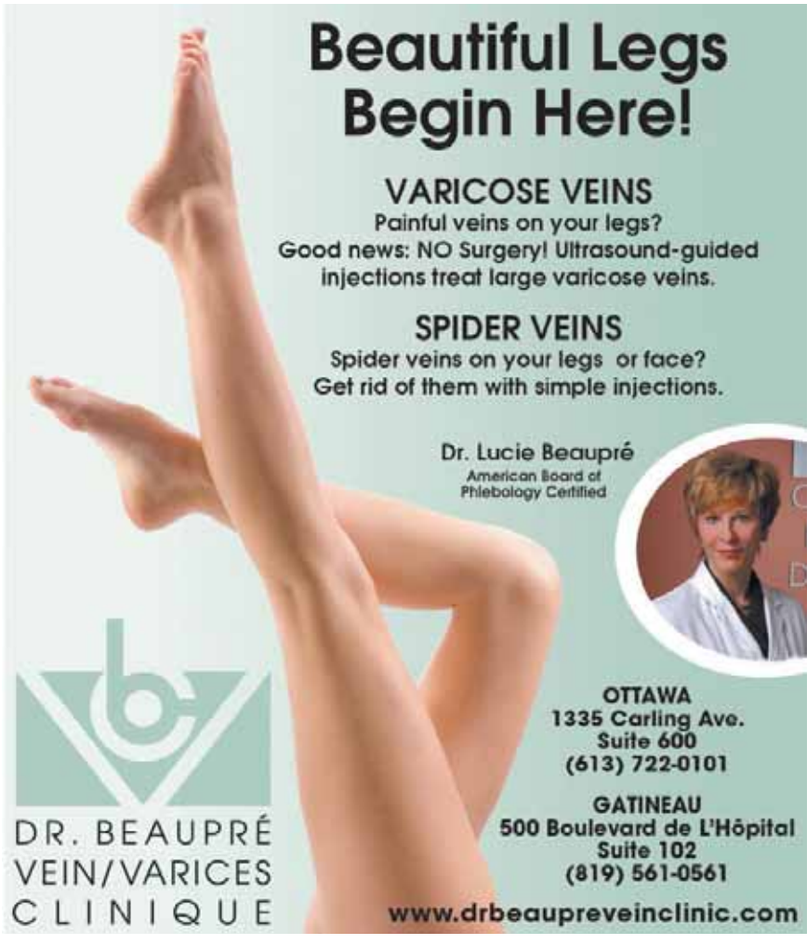

Healthy tips

Regaining control of portion size

When it comes to maintaining a healthy weight, how much we eat is as important as what is on the plate. Unless you carry around a scale or measuring cup, portion size can get out of control.

"The eye easily gets tricked. Most people need a serving size reality check," says Nicolette M. Pace, R.D., the founder of NutriSource Inc., which specializes in nutrition-based disease prevention and treatment.

We asked Pace for some easy visual identifiers for common foods that we often oversize.

You can eat french fries, just not too many. ISTOCK PHOTOS

Rice
Portion size: 1/3 cup
"Two-thirds is about the size of a tennis ball, so, half a tennis ball."

Pasta
Portion size: 1/3 cup
"With pasta it depends on type, but (aim for) about the size of a large computer mouse."

Chips
Portion size: 15 chips
"Count them. Most people eat double or triple an individual serving size. Look at the label. Even small bags have two to three servings."

Chocolate
Portion size: one ounce
"A portion is about the size of three chocolates from a box."

Chicken
Portion size: three ounces
"That is the recommended amount and that looks like a deck of cards."

French fries
Portion size: 10 fries
"It's horrible — it's like nothing. But you're dehydrating the potato and replacing the water with fat."

LINDA CLARKE/MWN

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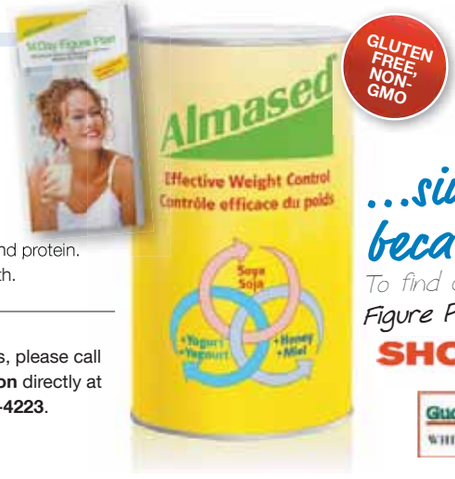

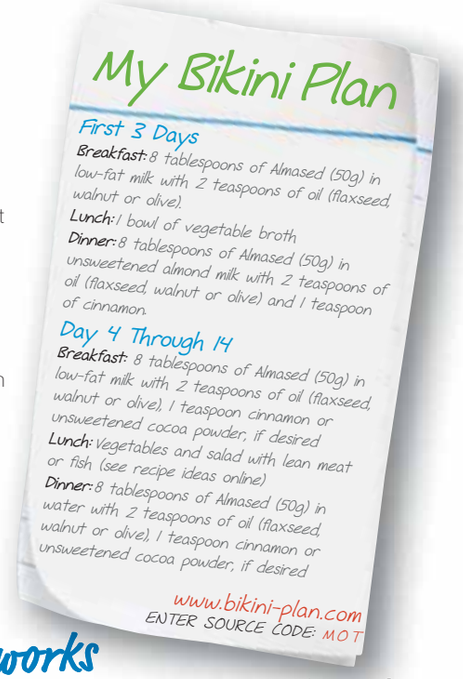
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Lunch: 1 bowl of vegetable broth
Dinner: 8 tablespoons of Almased (50g) in unsweetened almond milk with 2 teaspoons of oil (flaxseed, walnut or olive) and 1 teaspoon of cinnamon.
Day 4 Through 14
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
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Skinny panini: Clubhouse starring chicken and prosciutto

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1. Spray non-stick skillet with cooking oil and place over medium heat. Sauté prosciutto 5 minutes or just until dry and beginning to crisp. Remove from pan, cool slightly and crumble. Wipe skillet; respray.

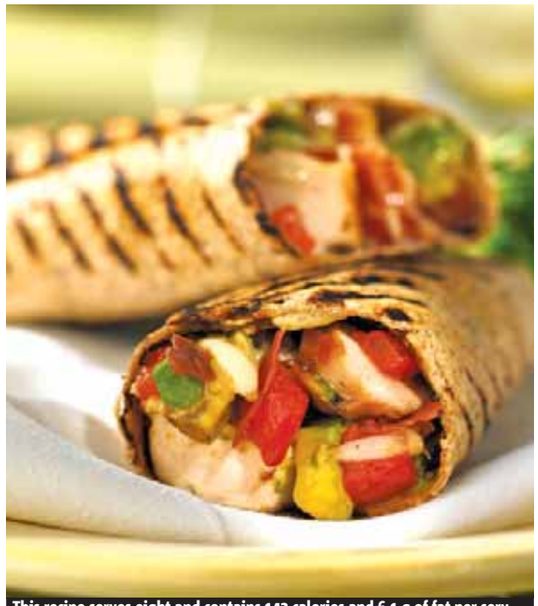
2. Working with one at a time, pound chicken breasts between two sheets of waxed paper to an even 1/4-inch thickness. Sauté for 5 minutes, or just until cooked and no longer pink in the centre, turning halfway. Cool for 5 minutes, then dice.

3. Combine the mayonnaise, lemon juice, mustard, garlic and pepper in a small bowl and mix thoroughly. Spread evenly over the entire surface of the tortillas. Scatter the chicken, prosciutto, cheese, tomato, onion and avocado overtop. Fold in the sides of each tortilla and roll it up tightly.

4. Preheat a non-stick grill pan to hot and spray with cooking oil. Sear the rolls on both sides until browned, approximately 2 minutes per side. Slice in half before serving. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

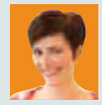
- 2 oz prosciutto
- 8 oz skinless boneless chicken breast
- 2 tbsp light mayonnaise
- 2 tsp lemon juice
- 1 tsp Dijon mustard
- 1/2 tsp crushed fresh garlic
- pinch ground black pepper
- 4 large tortillas (preferably whole wheat)
- 2/3 cup Swiss cheese
- 1/3 cup diced, seeded plum tomatoes
- 1/3 cup diced sweet onion
- 1/2 diced ripe avocado



This recipe serves eight and contains 143 calories and 6.1 g of fat per serving. LORELLA VANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

Of underrated watercress



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Do you think of the Queen or Downton Abbey when you think of watercress?

Of course, it is ubiquitous in tea sandwiches but did you know that it is an incredibly healthy salad green?

Watercress is a cancer and age fighting superfood as reported in a study in Medical News Today. It is suspected that the high anti-oxidant capacity of this easy-to-grow spring sprout protects DNA and cell damage. The study's participants ate one cup per day of both the stems and leaves. Watercress is in the category of cruciferous vegetables like cabbage, mustards and kale and offers all the same benefits of these more widely used varieties. Watercress can be added to just about anything:

- salads
- omelets
- fruit smoothies
- grilled cheese
- sautéed
- served with grilled fish, pork or chicken
- as a pesto
- as a soup

Watercress does indeed grow in very damp soil and near running water. If you know what to look for, it can be a free and wild addition to your day.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

How a stay-at-home mom found her sanity while Lost in Suburbia

A momoir. Columnist shares how she found her groove in new book, Lost in Suburbia: A momoir: How I Got Pregnant, Lost Myself, and Got My Cool Back in the New Jersey Suburbs

When syndicated parenting columnist Tracy Beckerman gave up her high-powered Manhattan TV career to focus on motherhood, she, her husband and their two young kids left their quintessential New York lifestyle behind for a different one in the Jersey suburbs.

Her new life as a full-time mom, however, left Beckerman in a funk.

Lost in Suburbia: A Momoir: How I Got Pregnant, Lost Myself, and Got My Cool Back in the New Jersey Suburbs tells the story of how the author found her groove in Jersey and learned how important a sense of humour is in raising a family.

How did you decide to swap your city life for a suburban one, and what was the transition like?

After I had my son and went back to my job as a writer and producer for the local news, I never expected that I was going to not really care about it anymore. I felt like I was missing out by not being with my son. So we made the decision that I was going to quit my job. Then we realized that we couldn't afford to stay in the city! So we moved to New Jersey. I didn't know anybody, I didn't have my job to define me anymore and I just sort of lost it. It made it tough to be comfortable in my new role.

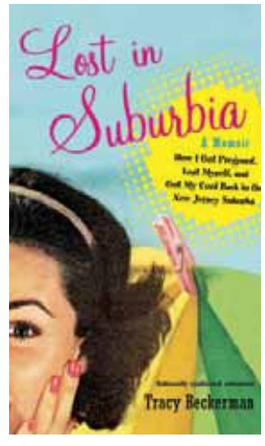
How did things begin to change?

My low point is when I got stopped by a cop driving in my dumpy bathrobe. I thought, I've got to turn my life around! When my kids went to school, I thought about what I could do that is just for me. One day my son came home from school and told me something funny that happened, and I wrote it down. (The story) came flooding out of me, and the local paper ran it. Soon after, two more papers expressed interest. I realized this was going to be my second act. Finding the humour in parenting made me so much happier.

What should women in this situation keep in mind?

If you defined yourself by your career, it can be very hard when all of a sudden your job title is Stay-At-Home Mom. You need something for yourself that's not just about your kids — something just for you that you feel good about. I think you end up feeling happier, and it makes you a better parent.

METRO



Tracy Beckerman moved from New York to suburbia. And it wasn't easy. HANDOUT

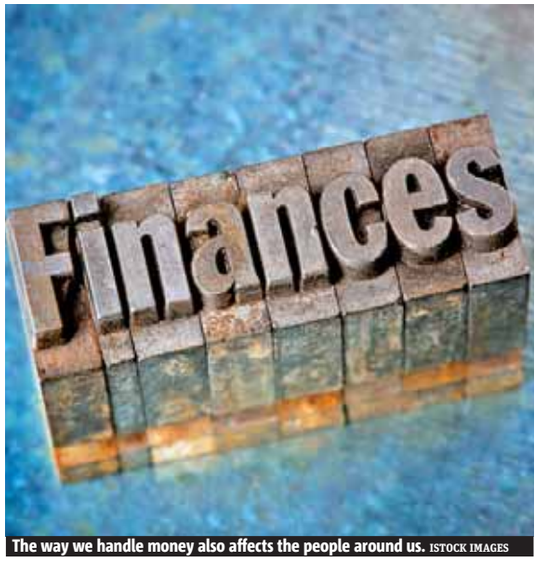
On the web

Does your money savvy end with counting the change in your piggy bank? Financial expert Gail Vaz-Oxlade launches her new series, Money Moron, on Slice this Friday at 9 p.m. ET/6 pm. PT. On the show, Vaz-Oxlade attempts to rescue strained relationships from the pitfalls of financial woes. With one person in the relationship calling out the other for their unhealthy financial habits, the finance guru is brought in to offer the reckless spender a chance to turn things around.

- **For a sneak peak at Money Moron, visit metronews.ca**

The fin lit bandwagon

YOUR MONEY
Alison Griffiths
money@metronews.ca



The way we handle money also affects the people around us. ISTOCK IMAGES

"I am 44, a single parent with two kids and a total idiot about money," writes Lori P. from Winnipeg. "There's so much talk about financial literacy these days. How am I supposed to get smart?"

Good point. I feel your frustration. The fin lit bandwagon has produced so much content it can be a huge challenge to find what you need to know.

I'm not being pejorative; financial literacy is a very good bandwagon. After all, money accompanies us from cradle to grave. Spouses, kids, jobs, friends may all come and go, but money remains. The way we handle it affects not only our own life but also that of people around us.

Financial literacy is particularly important for women because we are still the primary caregivers of children and the elderly. We also bear a larger portion of the responsibility for educating our kids about money. Additionally, we ladies are by far the majority of single parents and we live longer.

So, women have to get smart about money.

The international Financial Literacy & Education Summit 2013 in Chicago is tackling this very important topic on April 17th. I'm honoured to be the moderator of a panel of journalists from around the world. You can register to view online at practicalmoneyskills.com/summit2013.

Back to Lori P. She should focus on her own specific needs first. For example, if she is in a job with a workplace pension and contributing to it, she might put retirement investing on the shelf for now. Instead, she could concentrate on areas where she is weak such as insurance, budgeting or taxes.

The idea is to pick one thing and work on that until you have a comfort level with the topic. Don't try to become financially savvy in everything. It is simply too overwhelming.

And by the way Lori, I doubt you've raised two kids and are really a "total idiot" about money. I suspect you know more than you think.

Boost your own money smarts by winning my latest book, Count on Yourself: Take Charge of Your Money. Just tweet or email a question about financial literacy and include the hashtag #FinLitSummit. Or email questions to griffiths.alison@gmail.com. I'll be giving out five books after the summit.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Money. Owning a home an investment of a lifetime

Owning your own home is an exciting proposition and an achievable goal for most Canadians. The number one reason many become homeowners is pride of homeownership and the stability and security that comes with it.

Buying a home can also be a solid investment and provide tax benefits.

In Canada, you are not taxed on any investment gains made on the sale of your primary residence. So, for example, if you buy your home for $200,000 and sell it five years later for $250,000, you do not have to pay income tax on the $50,000 you earned from the sale.

Another advantage is each time you make a mortgage payment, you are putting a portion toward the principal balance of your mortgage, which builds equity in your home. This is a better use of your money than giving rent to a landlord and is a good long-term investment.

Owning a home also means that you can make your own decisions on decorating, home improvements, location, etc. In a recent survey conducted by Genworth Canada, 91 per cent of first-time homebuyers said that homeownership may mean more work but the effort is well worth it.

When it makes financial sense, buying a home is often a wise, secure and emotionally satisfying move to make. **NEWS CANADA**

Paying a mortgage is a better use of your money than giving rent to a landlord. NEWS CANADA

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*Based on $12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of $3200 @ 19% per annum with monthly payment of $150/month, and $1000 @ 25% per annum with monthly payment of $100 and loan of $8000 with 3 year term @ 9% per annum with monthly payment of $265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Boston Marathon bombings

Fan experience sure to change after explosions

CATHAL KELLY
Special to Metro

In one mad instant, someone has fundamentally changed the nature of sports fandom in North America.

There are greater immediate concerns — for those injured or killed on Monday afternoon at the finish line of the Boston Marathon.

But in the days to come the focus will turn to security and our naked vulnerability when we go to a game.

It doesn't matter who did this, whether it was enemies foreign or domestic.

From now on, the danger we've only approached tentatively since Sept. 11, 2001 — the understanding that North Americans make the most inviting targets when they are gathered in crowds at sporting events — is fully upon us.

This was about symbolism. They targeted one of the few American sporting events that receive worldwide coverage. It happened on Patriots' Day in a city that has a good claim as the birthplace of the nation. The blasts happened about four hours after the start — which is traditionally when the most competitors are crossing the line.

This will be a different sort of tipping point than 9/11. That was a warning — "They're out to get us." This is a reminder — "They still can."

GO TO METRONEWS.CA/VOICES FOR MORE FROM CATHAL KELLY ON MONDAY'S ATTACKS IN BOSTON.

Crosby dips his feet back onto frozen water

Penguins Sidney Crosby, left, and James Neal take a break from a skate on Monday at Consol Energy Center in Pittsburgh. Coach Dan Bylsma said there is no timetable for Crosby's return from a jaw injury, but called it a positive step. "I would say a foot in the water," Bylsma said. "I didn't go out there and see how hard he did go, but I know he was just out for basically a skate. He got out there for a little bit of exercise and to get on the ice." CHAZ PALLA/THE ASSOCIATED PRESS

Sens-Bruins set aside game after bombings

NHL. Northeast Division rivals have postponed matchup in aftermath of tragedy in Boston

The NHL postponed Monday night's Boston Bruins game against the Ottawa Senators at TD Garden because of the Boston Marathon bombings.

No makeup date has been scheduled, and no other games around the country were immediately called off.

The NHL said it "wishes to express its sympathy to all affected by the tragic events."

Bruins president Cam Neely said the postponement was made in consultation with city, state and league officials. He said authorities are still gathering information and "it is vital they have all resources available for their investigation."

Two bombs exploded near the marathon finish line Monday, killing three people, injuring dozens and sending authorities rushing to aid wounded spectators.

Fans arriving early to TD Garden for the Bruins' game against the Senators were met by police who were in the area to secure the arena and a nearby federal building.

One officer outside the players' parking lot was telling fans, "The game is cancelled. We need you to exit the city safely and quickly."

A minute or two later, Bruins captain Zdeno Chara drove out of the lot, and not long after that the Senators' team bus left down a side ramp.

THE ASSOCIATED PRESS

Bruins president and Boston hockey legend Cam Neely during the 2011 Stanley Cup final. GETTY IMAGES FILE

Sox celebrations turn sombre after blasts

Red Sox Jonny Gomes, left, and Jacoby Ellsbury look on during the national anthem prior to their game against the Tampa Bay Rays at Fenway Park on Monday. All uniformed team members wore jersey number 42 in honour of Jackie Robinson Day. ALEX TRAUTWIG/GETTY IMAGES

The Red Sox and Rays were making their way out of Fenway Park when two explosions near the finish line of the Boston Marathon were heard at the stadium.

The Red Sox beat the Rays 3-2 on an RBI double by Mike Napoli in the ninth inning on Monday in Boston's traditional Patriots' Day morning game.

The game began at 11:05 a.m. and ended at about 10 minutes after 2 p.m. A little less than an hour after that, about a mile away, the explosions from Copley Square could be heard by those in and around Fenway — but not in the clubhouses where the teams were getting ready to leave.

On Monday

Red Sox	Rays
3	2

The players seemed unaware of the explosions as they were interviewed by reporters. In the Red Sox room, they dressed in suits and ties for their trip to Cleveland, where they're scheduled to start a three-game series against the Indians on Tuesday night.

A team spokesman sent a text message saying the team had reached the airport.

THE ASSOCIATED PRESS

4 SPORTS

Curlers Rachel Homan and Alison Kreviazuk celebrate their world title in Riga, Latvia, on March 18. DEAN MOUHTATROPOULOS/GETTY IMAGES

Ottawa skip looks to complete sweep

Curling feat? Rachel Homan hoping for strong Grand Slam of Curling finish in T.O.

National women's curling champion Rachel Homan can wrap up her breakout season in style this week at The Players' Championship.

She can complete a sweep of the Grand Slam of Curling events with a victory at Toronto's Mattamy Athletic Centre.

Homan is one of the headliners in a deep 15-team women's field. The strong men's draw also boasts 15 teams, including world champion Niklas Edin of Sweden and Tim Hortons Brier champion Brad Jacobs of Sault Ste. Marie, Ont.

Homan's rink has been dominant this season.

The Ottawa skip owns top spot on the Canadian Team Ranking System list. She won her first Scotties Tournament of Hearts title in Kingston, Ont., a couple months ago and then added a bronze medal in her world women's championship debut in Riga, Latvia.

A combined event purse of $200,000 is on the line at this week's bonspiel. An additional Grand Slam combined bonus of $200,000 will also be awarded.

Canadian teams are also fighting for berths in the Olympic trials and pre-trial competition.

Toronto's John Epping upset 2012 world champion Glenn Howard of Coldwater, Ont., in last year's TPC final. Epping, the lowest-seeded skip in the men's draw last year, hit the button with his final throw for a 7-6 win.

Alberta's Kevin Martin, Manitoba's Jeff Stoughton and 2006 Olympic champion Brad Gushue of Newfoundland and Labrador are also in the field.

Alberta's Heather Nedohin, Scotland's Eve Muirhead and Switzerland's Mirjam Ott are expected to contend in women's play. Muirhead won the women's world title last month while Ott is the 2012 world champion.

Play begins Tuesday night at the Mattamy Athletic Centre — formerly Maple Leaf Gardens — and continues through Sunday.

THE CANADIAN PRESS

Getting your rock on a roll

"I think any kind of world experience is good for our team."

Lisa Weagle, lead for Rachel Homan's team talks about her rink's recent success and the invaluable benefits of facing international competition.

NHL

Oilers terminate Tambellini

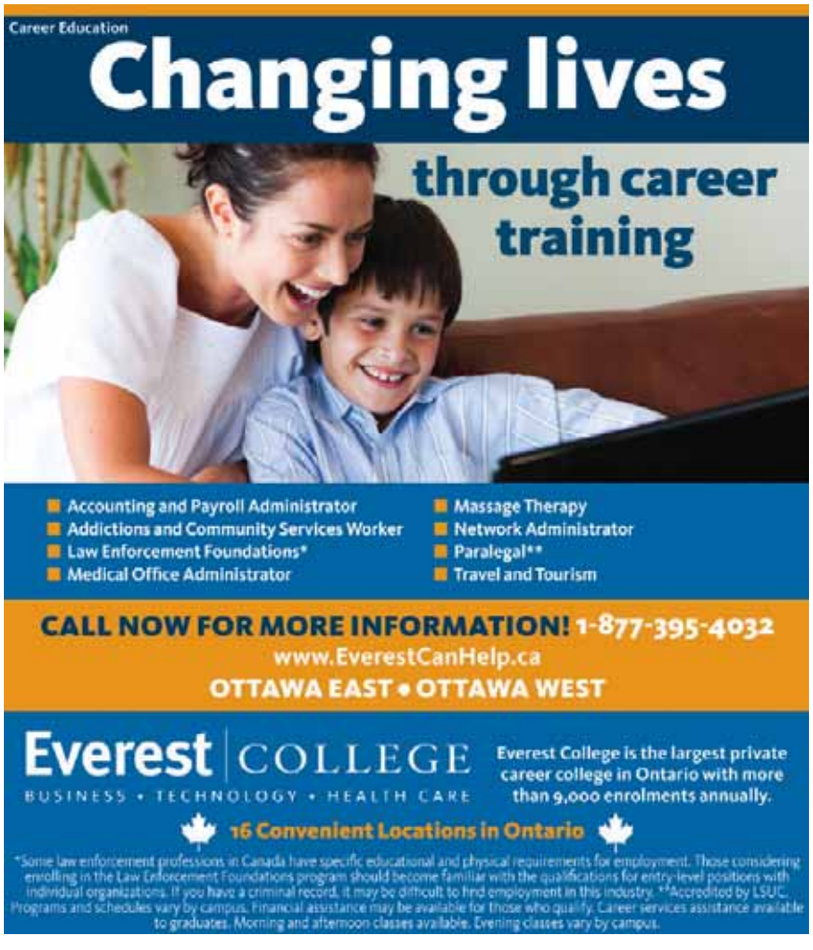
The Edmonton Oilers fired general manager Steve Tambellini Monday, saying the window of opportunity is short with their young guns and that Tambellini wasn't getting it done.

Tambellini, in his fifth season as GM, was replaced by former Oiler coach and vice-president Craig MacTavish.

"I'm an impatient guy," MacTavish told a news conference at Rexall Place.

"We're at the stage in terms of the cycle of our hockey club right now that we have to do some bold things. We have to expose ourselves to some semblance of risk to try and move the team forward in a rapid fashion."

The announcement came after the Oilers were expected to compete for a playoff spot in the lockout-shortened 2013 NHL season, but instead are all but mathematically eliminated from the postseason. THE CANADIAN PRESS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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
z-Miami	64	16	.800	—
y-New York	53	27	.663	11
y-Indiana	49	31	.613	15
x-Brooklyn	47	33	.588	17
x-Atlanta	44	36	.550	20
x-Chicago	43	37	.538	21
x-Boston	41	39	.513	23
x-Milwaukee	37	43	.463	27
Philadelphia	33	47	.413	31
Toronto	32	48	.400	32
Washington	29	51	.363	35
Detroit	28	52	.350	36
Cleveland	24	56	.300	40
Orlando	20	60	.250	44
Charlotte	19	61	.238	45

WESTERN CONFERENCE

	W	L	Pct	GB
y-Oklahoma City	59	21	.738	—
y-San Antonio	58	22	.725	1
x-Denver	55	25	.688	4
y-L.A. Clippers	54	26	.675	5
x-Memphis	54	26	.675	5
x-Houston	45	35	.563	14
x-Golden State	45	35	.563	14
x-L.A. Lakers	44	37	.543	15½
Utah	42	38	.525	17
Dallas	40	40	.500	19
Portland	33	47	.413	26
Minnesota	30	50	.375	29
Sacramento	28	52	.350	31
New Orleans	27	54	.333	32½
Phoenix	24	56	.300	35

x — clinched playoff berth z — clinched conference
y — clinched division

MONDAY'S RESULTS
Miami at Cleveland
Chicago at Orlando
New York at Charlotte
Washington at Brooklyn
Philadelphia at Detroit
Denver at Milwaukee
Sacramento at Oklahoma City
Utah at Minnesota
Memphis at Dallas
Houston at Phoenix
San Antonio at Golden State

TUESDAY'S GAMES
All Times Eastern
Toronto at Atlanta, 7:30 p.m.
Indiana at Boston, 8 p.m.
Portland at L.A. Clippers, 10:30 p.m.

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
dx-Pittsburgh	42	32	10	0	0	141	102	64
dx-Montreal	41	26	10	3	2	128	100	57
d-Washington	42	23	17	2	0	129	118	48
x-Boston	41	26	11	2	2	116	91	56
Toronto	41	23	13	0	5	128	113	51
Ottawa	41	21	14	2	4	101	89	48
NY Islanders	42	21	16	4	1	119	122	47
NY Rangers	41	21	16	0	4	100	96	46
Winnipeg	42	21	19	0	2	109	123	44
Buffalo	43	18	19	2	4	111	128	42
New Jersey	41	15	16	3	7	96	113	40
Philadelphia	41	17	21	1	2	108	126	37
Tampa Bay	42	17	22	1	2	133	131	37
Carolina	41	17	22	1	1	107	131	36
Florida	41	13	22	5	1	99	142	32

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pt
dx-Chicago	41	32	5	0	4	134	85	68
dx-Anaheim	42	27	10	2	3	125	105	59
d-Vancouver	41	23	12	1	5	112	100	52
Los Angeles	42	24	14	1	3	120	104	52
San Jose	41	21	13	3	4	102	102	49
St. Louis	41	23	16	1	1	110	104	48
Minnesota	41	22	16	1	2	105	103	47
Detroit	42	20	15	3	4	106	107	47
Dallas	41	21	17	2	1	116	121	45
Columbus	42	19	16	3	4	102	107	45
Phoenix	41	18	16	3	4	110	110	43
Edmonton	41	16	18	4	3	103	115	39
Nashville	43	15	20	2	6	98	118	38
Calgary	41	16	21	1	3	110	141	36
Colorado	42	14	22	4	2	100	131	34

x — clinched playoff berth y — clinched division

MONDAY'S RESULTS
New Jersey at Toronto
Ottawa at Boston
Philadelphia at Montreal
Dallas at Chicago
Vancouver at Nashville
Columbus at Colorado
Minnesota at Calgary,
San Jose at Phoenix

TUESDAY'S GAMES
All Times Eastern
Florida at NY Islanders, 7 p.m.
Toronto at Washington, 7 p.m.
Carolina at Ottawa, 7:30 p.m.
NY Rangers at Philadelphia, 7:30 p.m.
Vancouver at St. Louis, 8 p.m.
Tampa Bay at Winnipeg, 8 p.m.
Minnesota at Edmonton, 9:30 p.m.
Los Angeles at San Jose, 10:30 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	8	4	.667	—
New York	6	5	.545	1½
Baltimore	6	6	.500	2
Toronto	5	7	.417	3
Tampa Bay	4	8	.333	4

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	7	5	.583	—
Kansas City	7	5	.583	—
Cleveland	5	6	.455	1½
Chicago	5	7	.417	2
Minnesota	4	7	.364	2½

WEST DIVISION

	W	L	Pct	GB
Oakland	9	4	.692	—
Texas	8	5	.615	1
Seattle	6	8	.429	3½
Houston	4	8	.333	4½
Los Angeles	4	8	.333	4½

MONDAY'S RESULTS
Boston 3 Tampa Bay 2
Chicago White Sox at Toronto
L.A. Angels at Minnesota
Houston at Oakland

TUESDAY'S GAMES
All times Eastern
Arizona (McCarthy 0-1) at N.Y. Yankees (Nova 0-1), 7:05 p.m.
Boston (Doubront 0-0) at Cleveland (Jimenez 0-1), 7:05 p.m.
Tampa Bay (Hernandez 0-2) at Baltimore (Arrieta 0-0), 7:05 p.m.
Chicago White Sox (Axelrod 0-1) at Toronto (Johnson 0-1), 7:07 p.m.
L.A. Angels (Vargas 0-1) at Minnesota (Pelfrey 1-1), 8:10 p.m.
Houston (Peacock 1-1) at Oakland (Griffin 2-0), 10:05 p.m.
Detroit (Fister 2-0) at Seattle (Harang 0-0), 10:10 p.m.

NATIONAL LEAGUE

MONDAY'S RESULTS
St. Louis at Pittsburgh
Philadelphia at Cincinnati
Washington at Miami
N.Y. Mets at Colorado, postponed
San Diego at L.A. Dodgers

Horoscopes

♈ Aries
March 21 - April 20
What looks confusing today will look simple tomorrow, so don't get frustrated that you don't seem to be making much progress. Everything is moving along at exactly the speed it needs to move, so relax.

♉ Taurus
April 21 - May 21
It would appear that you are torn between two extremes and unable to decide in which direction to move next. Why not just wait it out?

♊ Gemini
May 22 - June 21
There is a pattern to the events now taking place and if you keep your eyes and ears open today, you should be able to work out what it is. Once you've done that, you'll have a huge advantage over rivals.

♋ Cancer
June 22 - July 23
You may be hugely interested in what a friend is suggesting you do together but pretend you are not that into it. Let them persuade you it's a good idea. Play hard to get.

♌ Leo
July 24 - Aug. 23
You may not want to hurt someone's feelings by revealing damaging information, but you have no choice. If you don't clue them in, they will find out and blame you for keeping it from them.

♍ Virgo
Aug. 24 - Sept. 23
Some people enjoy being victims and one such person will pull out all the stops to make you feel bad for them. Be a Good Samaritan but give your help only where it is genuinely needed.

♎ Libra
Sept. 24 - Oct. 23
You may not want to admit that you made a mistake but it's for the best. Only when you have owned up to some sort of transgression will you get the chance to move on.

♏ Scorpio
Oct. 24 - Nov. 22
Ignore any differences of opinion you may have with a work colleague. It's quite easy to avoid issues that could start an argument. There are plenty of things you agree about.

♐ Sagittarius
Nov. 23 - Dec. 21
You may have opinions about something but are advised not to shout them, at least not in the hearing of people who might take offence. Self-preservation is more important than having your say.

♑ Capricorn
Dec. 22 - Jan. 20
It seems you have made a stand on a point of principle and now there can be no backing out. This is one of those situations when you must go all the way. Others will rally to your cause too.

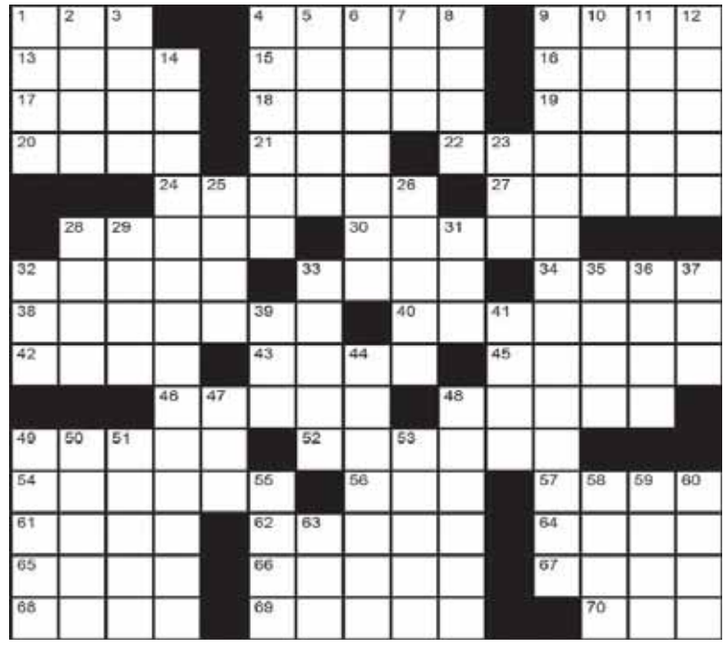
♒ Aquarius
Jan. 21 - Feb. 19
This is going to be a busy day for you, so don't waste time and energy on issues, or on people, that don't move you closer to your long-term goal. Work smarter, not harder.

♓ Pisces
Feb. 20 - March 20
Try not to make it too obvious what you are up to today. If you act a little bit reserved, others will see you in a more serious light. Whether or not that's justified is another matter. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

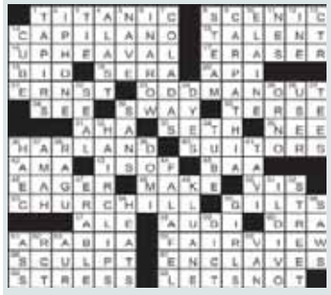
BY KELLY ANN BUCHANAN



Across
1. Mil. installation, as Petawawa or Trenton
4. TV classic, "Green __"
9. Grand event
13. 'Fed' finishers (Stylish hats)
15. Norse goddess of love
16. "_ __ can you..." (American anthem opener)
17. Advanced math course, for short
18. Acting jobs
19. Puerto __
20. __ and terminer
21. __-inspiring
22. Like many treasures
24. Sportswear company
27. Gives food to
28. X-__
30. Use profanities
32. Around, in dates
33. British funny character, Mr. __
34. Canadian country singer Mr. Brownlee
38. Married-to-each-other Canadian actor/comedians, Colin __ and...
40. ...Cont. from #38-Across, Debra __
42. "Let's leave __ __ that."
43. Movie snippet
45. Moves, molasses-style
46. Polls/surveys conductor, __ Reid
48. Models
49. "Melrose __"
52. Harbour structures
54. Give heed
56. River: Spanish
57. Auto race, __ 500
61. Singer/songwriter, India.__
62. Borders on
64. Filmmaker Ms. Ephron
65. __-covered, as unprotected iron
66. 'D' in SYTYCD
67. Chew
68. Use a ruler, for short
69. Ancient looped-crosses of Egypt
70. Carpentry tool

Down
1. Fashion icon Ms. Chanel
2. Skirmish
3. Hay bundle
4. Scared
5. Bunch of people
6. Let go
7. Third __ Blind (Rock band)
8. Belt alternative
9. Spanning the Detroit River, the Ambassador in Windsor is not just a bridge, it's also a what?: 2 wds.
10. Actor's line spoken to the audience
11. Like many running shoes
12. City in France [var. sp.]
14. Some lottery purchases: 2 wds.
23. "___ Tree Falls" by Bruce Cockburn
25. Letter's beginning word...
26. Wetland
28. Unruly disturbance
29. Medieval chest
31. Britannica, e.g.
32. Gladiator's 901
33. Under
35. Smog
36. 'Deterior' suffix (Becomes worse)
37. English novelist Mr. Lawrence, et al.
39. 'Electron' suffix
41. Blunder
44. "Honey, _ __ the Kids" (1989)
47. Baseball great, "__ Wee" Reese
48. Non-poetic writings
49. Shoppers Drug Mart, e.g.
50. John Candy "SCTV" character, Johnny __
51. "Big Brother Canada" host Ms. Cox
53. G's spelled-out follower
55. Zippo
58. Songstress Ms. Hendryx
59. Pencil a scene
60. Two-masted boat
63. Prohibit

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8			4		3			
9	4						2	8
	5			8		6		
	9		8	1				7
		8				3		
4				2	5		8	
		9		5			6	
7	1						5	9
			9		8			1

Yesterday's Sudoku

2	3	1	9	7	8	4	6	5
8	7	4	3	5	6	9	1	2
6	9	5	4	1	2	7	3	8
9	4	8	1	6	3	2	5	7
7	6	3	5	2	4	1	8	9
5	1	2	7	8	9	3	4	6
3	2	9	8	4	5	6	7	1
1	8	6	2	3	7	5	9	4
4	5	7	6	9	1	8	2	3

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2. *Our friendly and professional staff will test your items right in front of you and involve you in every step.*
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22k	$30.89/g
E. Indian/Nuggets	$27.38/g
18k	$25.29/g
Dental Gold (yellow)	$20.57/g
14k	$19.66/g
10k	$14.03/g
9k	$12.65/g
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